

See The Video. . .  
**Options: You Have a Choice**

AASA has a video that will show you the services in this brochure.

To see *Options: You Have a Choice*, ask your social worker or case manager or call 1-800-422-3263.

There is no charge to borrow the video.

To order more copies of this brochure, send a written request to DSHS Warehouse with brochure name, publication number (DSHS 22-916[X]), and the quantity you want.

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# A Guide To Aging And Adult Long-Term Care Services



**Aging &  
Adult Services  
Administration (AASA)**

Washington State Department of Social & Health Services

*It is the policy of the Department of Social and Health Services that people shall not be discriminated against because of race, color, national origin, creed, religion, sex, age, or disability.*

## *Home and Community Services (HCS) of Aging and Adult Services Administration offers a wide range of services for people with health-related problems. These services can help adults remain in their own homes for as long as possible.*

### ■ **Comprehensive Assessment**

Often the first contact with the Home and Community Services Office is with a social worker or nurse who does a comprehensive assessment. This includes an in-person visit to assess your needs, preferences and resources. Staff will help you identify services that will support you in the most independent living arrangement. With this information, you choose a plan of services for which you are eligible.

### ■ **Case Management**

Case management services will help you maintain independence for as long as possible. After a comprehensive assessment, we develop a service plan with the adult and family.

Staff will follow-up to make sure that services are effective and continue to meet the person's needs.

### ■ **Medicaid Application**

Medicaid is a program that uses both state and federal money to help someone pay for medical and personal care services. It is for people of all ages who have limited income and resources (such as savings or property).

If you are 18 or older you, or someone acting for you, can apply for Medicaid at a HCS office in person, by telephone, or by mail.

### ■ **Adult Protective Services**

Adult Protective Services (APS) staff can investigate allegations of abuse, neglect, exploitation, or abandonment of vulnerable adults.

After investigation, and with the client's consent, emergency support services can be provided. The goal of APS is to ensure the mental and physical health or safety of people needing protection.

We provide APS no matter what your income or resources.

### ■ **Personal Care**

Several programs provide help with personal care tasks such as bathing, dressing, and grooming. They also provide help with household chores.

We determine eligibility by income, resources, and care needs. People with higher incomes can purchase services privately; some services are available through volunteer programs.

### ■ **Referral to Other Community Services**

Respite care provides relief for families or other caregivers of adults with disabilities. Services such as senior centers, senior meals, and legal services are available for people 60 years of age and older. Adult day health care, transportation, home health, hospice, or support groups are also available in most communities. Contact your local Area Agency on Aging for more information.



*When care at home  
is not possible,  
we can help find  
residential services  
that meet the person's physical,  
medical, and social needs.  
AASA's Residential Care Services  
licenses and inspects these facilities  
to assure that they provide quality  
services and respect residents' rights.  
Payment sources vary  
and may include private funding,  
private insurance, Medicare,  
Medicaid, or Veterans  
Administration funds.*

## Independence, choice, and dignity for seniors and adults with disabilities.

### ■ Adult Family Homes

Adult Family Homes are residential homes licensed to care for up to six residents. They provide room, board, laundry, necessary supervision, assistance with activities of daily living, personal care, and social services. You may be able to receive nursing services.

### ■ Assisted Living

Assisted Living offers private apartments; this service emphasizes privacy, independence, and personal choice. Services include meals, personal care, medication assistance, limited supervision, organized activities, and limited nursing services. Assisted Living is staffed 24 hours a day, and help is available around the clock.

### ■ Adult Residential Care

Adult Residential Care facilities are licensed boarding homes. They provide room and board and help with medications and personal care. Residents may have limited supervision.

### ■ Enhanced Adult Residential Care

Enhanced Adult Residential Care provides all of the same services as Adult Residential Care. In addition, limited nursing care can be provided and no more than two people will share a room.

### ■ Nursing Home Care

Nursing homes provide 24-hour supervised nursing care, personal care, therapy, supervised nutrition, organized activities, social services, room, board, and laundry.

Often a person enters a nursing home for short-term rehabilitation, or improves and no longer needs nursing home care. **Nursing Facility Case Management** provides ongoing contact with the resident to promote a timely return home with necessary services.

When 24-hour nursing care is no longer needed, Home and Community Services staff can help you return home or to another care setting.

### ■ Protective Services

To report the suspected abuse of someone who lives in one of these residential facilities, call the Residential Care Services Complaint Line: 1-800-562-6078 or TTY 1-800-737-7931



### For more information

To ask about the services in this brochure, please call your local Home and Community Services office (phone number in the box below).

If you do not have a number, you can call the Aging and Adult Services HelpLine; **the number is**

**1-800-422-3263 or TDD 1-800-737-7931**

We will give you the number of your local office.

Another source of information about services is **Senior Information and Assistance**. You will find the local number nearest you in the Yellow Pages under "Senior Citizens".

To receive information in alternate formats,  
call 1-800-422-3263.